

The Three Gunas – Tamas, Rajas and Sattva

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Sadhguru: All the qualities of the world have been identified as three basic gunas, tamas, rajas, and sattva. Inertia is called tamas. Activity is called rajas. Transcendence is called sattva.

There is no physical entity without all these three dimensions. Not a single atom is free of these three dimensions of a certain static nature, of energy, and of vibrance. If these three elements are not there, you cannot hold anything together – it will break up. If it is just sattva, you won’t remain here for a moment – you will be gone. If it is just rajas, it’s not going to work. If it’s just tamas, you will be asleep all the time. So, these three qualities are present in everything. It is just a question of to what extent you mix these things.

The nine days of [Navratri](#) are classified as to the three basic qualities of tamas, rajas and sattva. It is good to enjoy Navratri and make use of it. For those who are on certain type of *sadhana*, like

brahmacharies and a few others, it doesn't matter what day it is. But for all others it will matter. It is good to make use of the little supports that nature offers. Going on your own steam is not impossible, but not many people made it, that's all.

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Above all, approaching every aspect of [life in a celebratory way](#) is most important. If you approach everything in a celebratory way, you learn to be non-serious about life but absolutely involved. The problem with most human beings right now is, if they think something is important they will become dead serious about it. If they think it is not so important they will become lax about it, they don't show the necessary involvement. In English, if we say "He is in a very serious condition," that means the next step is you know where. And a lot of people are in a serious condition.

The passage, the secret of life is in just this – seeing everything with a non-serious eye, but absolutely involved – like a game. That's the reason the most profound aspects of life are approached in a celebratory way, so that you don't miss the point.

***Editor's Note:** Each day of Navratri includes the Navratri Pooja, a powerful opportunity to imbibe Devi's Grace. The Navratri pooja includes an elaborate abhishekam of 11 offerings and a vibrant offering of music and dance thereby creating an explosion of energy with songs extolling Devi at her fullest glory.*

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